

Common classroom accommodations for ADHD

Explore these common classroom accommodations for ADHD. They can help kids at school – and even at home.

Setting up the classroom environment	<ul style="list-style-type: none">• Use flexible seating, like seat cushions.• Make more space between desks or work tables.• Set up a quiet area for work.• Have seating options near the teacher and/or away from high-traffic areas.• Post a schedule of daily routines and rules.
Building organization skills	<ul style="list-style-type: none">• Use an assignment notebook or digital calendar.• Provide a set of books for kids to keep at home.• Keep desks organized with folders and baskets for supplies.• Color-code materials for each subject.• Provide typed notes or an outline of the lesson.• Teach note-taking strategies, like using graphic organizers and mind-mapping software.• Have a buddy take notes for the student.
Giving instructions	<ul style="list-style-type: none">• Give directions out loud and in writing.• Keep instructions simple, clear, and concrete.• Use pictures and graphs to create visual interest.• Provide a rubric that describes a successful assignment.• Help the student break tasks into smaller chunks.
Completing tests and assignments	<ul style="list-style-type: none">• Allow different ways for students to show understanding.• Minimize the number of questions per worksheet.• Use frequent, short quizzes vs. one long test.• Give credit for work done.• Grade for content, not neatness.• Give extra time and a quiet space for working.
Managing behavior	<ul style="list-style-type: none">• Use a behavior plan with a reward system.• Use nonverbal signals to get the student's attention.• Talk through behavior problems one-on-one.• Check in frequently to monitor the student's emotions.